Youth Athlete Development

Monday, April 13 at 3:00 – 4:30 PM EST

Presenters:
Kathy Rinaldi, Kent Kinnear, Mark Lerman, Laura Paczesny, Leah Friedman and Johnny Parkes
Martin Blackman
General Manager
USTA Player Development
Johnny Parkes
Senior Manager of Player Identification and Development
USTA Player Development
<table>
<thead>
<tr>
<th>Agenda</th>
<th>Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>Johnny Parkes</td>
</tr>
<tr>
<td>Two Areas of Focus</td>
<td>Kathy Rinaldi and Kent Kinnear</td>
</tr>
<tr>
<td>Implementing Mental Skills in Young Athletes</td>
<td>Mark Lerman</td>
</tr>
<tr>
<td>Making Athletic Development Fun</td>
<td>Johnny Parkes</td>
</tr>
<tr>
<td>Injury Prevention in Young Athletes</td>
<td>Laura Paczesny</td>
</tr>
<tr>
<td>Net Generation</td>
<td>Leah Friedman</td>
</tr>
<tr>
<td>Q &amp; A</td>
<td>All Presenters</td>
</tr>
<tr>
<td>Additional Resources</td>
<td>Johnny Parkes</td>
</tr>
</tbody>
</table>
We Value Your Input

Submit your questions throughout the webinar by typing in the Q&A pod. We’ll answer them either:

• During the Q&A in the last 30 minutes of today’s presentation, OR
• You can always send us an email at TeamUSA@usta.com
Our coaching philosophy is based on teaching and developing the fundamental skills that enable the player to have the most complete game possible.
Importance of Volley Skills
Volley Parameters

- Close to Continental grip
- Ready position slightly to backhand side
- Shoulder turn
- Outside foot load
- Step (depending on time)
- Racquet face slightly open
- Contact usually between steps
Tips for Working on the Volley

Roger Federer Challenge

Cara Black Volley Practice

Coach Lori Riffice Volley Drill
Kent Kinnear
Head of Men’s Tennis
USTA Player Development
Importance of the Serve
<table>
<thead>
<tr>
<th><strong>Serve Parameters</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Start</strong></td>
</tr>
<tr>
<td>• Grip close to continental</td>
</tr>
<tr>
<td><strong>Release</strong></td>
</tr>
<tr>
<td>• Consistent toss from inside of leg</td>
</tr>
<tr>
<td>• Release just above head high</td>
</tr>
<tr>
<td><strong>Loading</strong></td>
</tr>
<tr>
<td>• Stance Platform or Pinpoint</td>
</tr>
<tr>
<td>• Shoulder and pelvis lateral rear title</td>
</tr>
<tr>
<td>• Knee flexion and rear leg drive</td>
</tr>
<tr>
<td><strong>Cocking</strong></td>
</tr>
<tr>
<td>• Racket head pointing down</td>
</tr>
<tr>
<td><strong>Acceleration</strong></td>
</tr>
<tr>
<td>• Proper shoulder and hip rotation</td>
</tr>
<tr>
<td><strong>Contact</strong></td>
</tr>
<tr>
<td>• Full extension of upper body</td>
</tr>
<tr>
<td><strong>Deceleration &amp; Finish</strong></td>
</tr>
<tr>
<td>• Long axis rotation, pronation</td>
</tr>
<tr>
<td>• Balanced landing and recovery</td>
</tr>
</tbody>
</table>
Tips for Working on the Serve

At Home
- Routines/visualize
- Throwing
- Korda challenge
- Keep the racquet in your hand

On the Court
- Routines
- Targets
- Serve plus one
- Don't always end with serves
Mark Lerman
Mental Skills Coach
USTA Player Development
A Self-Aware, Resilient and Confident Competitor

Character Education & Development + Mental Skills Strategies = A Self-Aware, Resilient, and Confident Competitor
A Coach-Driven Approach to Developing Resilient, Confident Competitors

- Development and Content
- Curriculum
- Implementation
- Recommendations
Mental Skills to Remain Engaged with Tennis

- Diaphragmatic Breathing
- Imagery
- Journaling
- Gratitude
Mental Skills Resources

The Creation of a Mental Skills Training Program in Elite Youth Tennis Research Paper

Deep Breathing Instructions

Guided Visualization Introduction audio file
Johnny Parkes
Senior Manager of Player Identification and Development
USTA Player Development
Why Athletic Development?

Most Complete Tennis Athlete Possible

Instill habit of daily physical and mental preparation

Progress according to their own level of competency

Integrate AD into programming

- Athletic Development Warm-up
- Athletic Development “Fitness” Sessions

Robust, Adaptable Athletes
<table>
<thead>
<tr>
<th>AGE</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agility, Balance, Coordination</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Running, Jumping, Throwing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sliding, Gliding</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Motor Learning</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Motor Control</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Speed of Reaction</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhythm / Cadence Capacity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spatial Awareness</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Endurance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strength</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Speed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Linking Athletic Development to Tennis Skill Development
Tips

Get Creative with what you have

Come up with a circuit that incorporates:

- **Agility:** Movement around cones / water bottles etc.
- **Balance:** Jumping Hexagon / Hopping Hop Scotch
- **Coordination:** Skipping / Jump Rope / Medicine ball / Soccer ball throws against wall
- **Lateral and Diagonal Movement:** Movement with Shuffle / Cross-overs between cones / Water bottles etc. about 6-10 feet apart
- **Strength:** Push / Pull Upper and Lower Body exercises
- **Mobility:** Increase Range of Motion Over and Under obstacles
- **Problem Solving:** Puzzles / Sudokus / Solitaire / Come up with your own Tennis Crossword Game to challenge
Gamify your Activities and Set Challenges

- Challenge yourself everyday / Challenge your family members
- Create a Virtual Leaderboard with your players, friends or family
- Timed skills
- Targets / High Scores
- Have a different player come up with a challenge each week for the group
Laura Paczesny
Athletic Trainer
Injury prevention = full and comprehensive program

Adaptable, resilient and conditioned athletes = being prepared to meet demands of competitive sport

Have a program that helps avoid overuse injuries (for example: tendinitis)
**Warm-up**

Active, dynamic warm-up. Ensure that the body is in an optimal position to start work out.

---

**Strength and Conditioning**

It is important to have an off-court plan that focuses on the whole body as opposed to only focusing on specific skill development.

---

**Cool-down**

Ensures that the body is able to absorb the work put in and ramp down metabolism to benefit from the work performed.

---

**Recovery!**

= everything above + nutrition, fueling (protein and carbohydrates), hydration and sleep!
## Injury Prevention Exercises

### High Performance Profile
- to recognize areas of improvement

### Incorporate exercises for each body part
- pick a couple of exercises that are easy to do with at home materials (*bands, step, towel, etc.*) to add into daily routine

### Common issues
- Tight shoulder → Sleep stretch
- Tight hamstring → hamstring stretch with towel/band
- Core weakness → planks, dead bugs
Injury Prevention Resources

- Recovering from Injury with Ed Ryan
  Compete Like a Champion Podcast Episode 29

- Dynamic Warm-up web article and video

- High Performance Profile Exercises

- High Performance Profile Exercise video playlist
Our #1 goal is to get more young players into tennis and to get them playing more often.


<table>
<thead>
<tr>
<th><strong>EMPOWERMENT</strong></th>
<th><strong>UNITY</strong></th>
<th><strong>PLAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Motivating</td>
<td>Teamwork</td>
<td>Fun</td>
</tr>
<tr>
<td>Helpful</td>
<td>Inclusive</td>
<td>Inventive</td>
</tr>
<tr>
<td>Confident</td>
<td></td>
<td>Creative</td>
</tr>
</tbody>
</table>
NET GENERATION RESOURCES
TENNIS AT HOME

While you’re keeping your family safe, the USTA and Net Generation are here to help keep your family active.

Visit NetGeneration.com/tennisathome to check out all of our tennis tips, fun activities, and tennis-themed educational content from the USTA Foundation.
TENNIS ACTIVITY VIDEOS

Even away from the court, you can learn and develop your tennis skills. Here are a series of videos to keep the rally going at home.

Double Volley
Make A Net
Edgies
Body Volley
Plank Pass
Lobster Trap
Jacks
Hot Hands With Movement
Hot Hands
Criss Cross
Ball Drop
Wall Rally
Garage Rolling Rally
Try Out New Skills
Balloon Tennis Part 1
Balloon Tennis Part 2
Red Shirts
Next Week Sneak Peek
Creating Access for Wheelchair Tennis in Your Community

Speakers

- **Jason Harnett**, Head Coach and National Manager of Team USA Wheelchair Tennis
- **Paul Walker**, Team USA Wheelchair Coach
- **Mark Lerman**, Mental Skills Specialist
- **Dana Mathewson**, current professional wheelchair tennis athlete
- **Jen Edmondson**, Chairperson for the USTA National Wheelchair Committee and Tournament Director for the ITF Super Series, Cajun Classic - Baton Rouge

Resources

- **The Journey to High Performance Wheelchair Tennis with Jason Harnett** (podcast episode)
- **The Lab: Introduction to Wheelchair Tennis** (pre-recorded webinar)
- **Improve Your Wheelchair Tennis Game** (YouTube videos)
Tennis Industry United

The entire tennis industry has come together to analyze the most pressing needs and the top concerns of all involved in our sport, and then collaborate on programs that can provide the immediate and longer-term support that is needed.

https://www.usta.com/en/home/organize/program-resources/national/tennis-industry-united.html
Website

www.playerdevelopment.usta.com
## Training at Home BINGO

**TRAINING AT HOME BINGO**

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>TENNIS</td>
<td>MENTAL</td>
<td>MOVEMENT</td>
<td>NUTRITION</td>
</tr>
<tr>
<td>Review or create a developmental plan</td>
<td>Wake up at the same time 5x this week, to create normality and routine in an uncomfortable situation</td>
<td>Try an online Yoga class</td>
<td>Practice mindful eating 3x a day</td>
</tr>
</tbody>
</table>
Questions?

If you have any additional questions, feel free to contact us via email at

✉️ TeamUSA@usta.com
THANK YOU!